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estimate based on a result of said quality level determining step.

Amended) A method for transferring information over a forward/reverse link pair between a transmitting entity and a receiving entity comprising the steps of:

determining, at said receiving entity, a preferred operating mode between link adaptation and incremental redundancy based on available resources of the receiving entity;

transmitting, over said reverse link, an indicator to said transmitting entity which indicates the preferred operating mode;

transmitting, by said transmitting entity an indicator associated with resegmentation of blocks to be retransmitted by said receiving entity;

selecting a modulation/coding scheme, at said receiving entity, based on said indicator; and

retransmitting, by said receiving entity, data over said reverse link using said selected modulation/coding scheme.

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14. (Amended) A method for transmitting data blocks between a transmitting entity and a receiving entity over a forward and a reverse link comprising the steps of:

transmitting, over said forward link, a first indicator informing said receiving entity of whether resegmentation of retransmitted blocks is preferred;

determining, at said receiving entity, a preferred operating mode between link adaptation and incremental redundancy based on available resources of the receiving entity; and

transmitting over said reverse link a second indicator informing said transmitting entity of the preferred operating mode.

5. (Amended) A receiver comprising:

a processor for processing received data blocks;

a memory for storing received data blocks to be combined with retransmitted versions of said stored data blocks; and

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means for transmitting a message indicating a preferred operating mode between link adaptation and incremental redundancy based on a status of said memory.